

> 10

Oh What a Lovely War

> 16

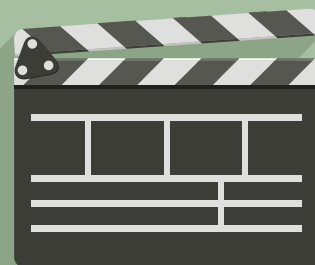
2014 pullout special

> 29

Newham on film



2014



the newham mag

issue 291 // 17 – 31 January 2014



An Olympic Legacy

Apprentices build
their own futures (p13)



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contents

17 January 2014 // **issue 291**



Welcome to the first *Newham Mag* of 2014.

January is a time to get fit and healthy so in this issue find out about East Ham Leisure Centre's makeover (p9).

Inside this edition you'll also find our special pull out

and keep guide to 2014 packed with features on health, fitness, careers and an all important calendar of key events happening in the year ahead. See centre pages for more.

This year we will unite with the nation to mark the centenary of the start of World War One. Read our exclusive interview with Caroline Quentin (p10) and find out how she is supporting Stratford's Theatre Royal with their commemoration and the return of *Oh What A Lovely War*.

Councillor Ian Corbett

Executive member for infrastructure and environment

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Regulars

- 04 NEWS** – two pages of news from across the borough
- 06 MAYOR'S VIEW** – news from Sir Robin Wales
- 27 CAUGHT ON CAMERA** – can you put a name to any of these faces?
- 30 OUR NEWHAM** – great competitions and community news
- 32 KIDS' CORNER** – Pictures and puzzles for our younger readers
- 34 WHAT'S ON** – five pages of activities and events for you to try – most of them free

Features

- 09 NEW YEAR, NEW GYM** – East Ham Leisure Centre gets a makeover



10



18



09



13

- 10 STAGE FRIGHT** – Caroline Quentin takes on *Oh What a Lovely War*
- 13 ABSOLUTE BEGINNERS** – three young people speak about apprenticeships
- 28 URBAN ART** – residents paint Balmoral Bridge, E7
- 29 FILMED IN NEWHAM** – celebrities, stunts and celluloid

YOUR PULLOUT GUIDE TO 2014

- 02 YOUR 2014 CALENDAR** – what's happening and when
- 04 NEW YEAR, NEW JOB** – careers, training and apprenticeships at Workplace
- 06 NEWHAM IN PICTURES** – a look back on 2013
- 08 COMMUNITY HUBS** – centred on your area
- 10 SOMETHING TO WORK ON** – get fit and healthy with Ateeq Rashid
- 12 A HEALTHY OPTION** – make a smart swap for 2014

IN BRIEF //

Put an end to tenancy fraud

Since April 2013, Newham Council has successfully recovered 71 properties that were either illegally occupied or were unoccupied and returned them for use by residents on the waiting list for council homes.

Councillor Andrew Baikie, executive member for housing and customer service, said: "Tenancy fraud costs the council thousands of pounds and deprives residents who may have been on the housing list for years of a home.

"We know that the majority of our tenants live in their properties legally but it is important that we tackle those who are committing fraud by sub-letting or other means."

If you wish to end your tenancy, call 020 3373 9370 for advice.

Residents who are aware of anyone committing offences can call the council's tenancy audit team in confidence on 020 3373 3258 or 020 3373 3261.

Remembering the Holocaust

Residents are invited to join Mayor Sir Robin Wales and Newham councillors to commemorate Holocaust Memorial Day.

The event takes place at 10.30am in Newham Town Hall, Barking Road, E6, on Monday 27 January.

Residents are urged to join together as a community to show opposition to intolerance, respect for difference and a shared sense of belonging.

Debt advice available

Help is at hand for Newham residents who may be worried about debts spiralling out of control and not knowing what to do about them.

Newham Council's debt and benefit advice service offers free, impartial and confidential advice on debt problems. Call 020 3373 1416. The line is open 9am-5pm, Monday to Friday throughout January or you can visit www.newham.gov.uk/debtadvice

Computers target fly tips scourge



Driver Lan Vuong shows Cllr Corbett the in-cab technology

Newham Council has introduced a hi-tech solution that will help deal with the scourge of fly tipping at the push of a button.

The council has installed a new computer management system in 20 caged cleansing vehicles that deal specifically with the removal of fly tips. It allows the locations of fly tips reported by residents and other frontline staff to be pinpointed exactly for those tasked with collecting them.

The computers allow reports from residents to be efficiently recorded real time. It also avoids unnecessary paperwork for those on frontline cleansing duty.

Councillor Ian Corbett, executive member for infrastructure and environment, said: "Residents have the right to a clean and safe environment. The computer management system makes things more efficient and effective, proactively identifying and dealing with issues instead of having to spend time completing paperwork.

"Fly tipping doesn't just make the borough an unpleasant place, it is also illegal and those responsible will be prosecuted."

Stadium transformation on track

A contract worth £154m has been awarded to Balfour Beatty Group Limited to transform the Olympic Stadium in Queen Elizabeth Olympic Park into a multi-use venue for sporting, entertainment and community events.

The contract has been awarded by the E20 Stadium Partnership, set up by Newham Council and the London Legacy Development Corporation. The work will allow the Stadium to host five matches during Rugby World Cup 2015, be the permanent home of West Ham United from 2016 and the new national competition stadium for athletics in the UK.

During conversion Balfour Beatty expects to employ up to 400 people and will work with Workplace, Newham Council's employment service, to employ local people where possible.

Mayor Sir Robin Wales said: "The Olympic Stadium conversion will be good for the residents of Newham and offer a lasting community legacy of jobs, education and grassroots sport."

Two receive New Year honours

A man who has spent his working life dedicated to keeping the streets of Newham clean and a head teacher at a school in Forest Gate have both received accolades in the prestigious New Year Honours.

John Wild, who joined Newham Council in 1982 as a labourer in the cleansing team and has worked his way up to become cleansing manager, received a British Empire Medal for services to residents and the environment in Newham.

Shahed Ahmed, the head teacher of Elmhurst Primary School, which has been judged as outstanding by Government inspectors Ofsted, has received an OBE for services to education.

Mayor Sir Robin Wales: "I am delighted the tremendous work of John and Shahed has been acknowledged in such a public way. On behalf of residents and everyone at Newham Council I congratulate them."



Tribute to former mayor

Newham Council has paid tribute to former ceremonial mayor Fred York OBE, who died in hospital on 15 December at the age of 77 following illness.

Fred, from Manor Park, was first elected by residents in Woodgrange ward in 1974 and then in Monega ward in 1982, where he served until 1994. He was ceremonial mayor for the municipal year 1987/88.

Councillor Amarjit Singh, chair of the council, said: "Fred was a very fair and sincere man and was respected by those around him. During his mayoral year he represented Newham with great dignity.

"Our thoughts are with his wife Hazel and his daughters and grandchildren."

The flags were flown at half mast at Newham's two town halls in tribute. There will be a period of silence at the next meeting of the Full Council.



Councillors deliver hampers cheer

Mayor Sir Robin Wales and Newham councillors delivered some cheer to residents at a sheltered housing scheme in Stratford.

Sir Robin together with councillors Ron Manley, Freda Bourne, Charlene McLean and Richard Crawford took hampers to Centenary House on behalf of traders at Stratford Indoor Market.

Every year the market traders donate hampers full of goodies including fruit and vegetables, cakes, nuts and biscuits to Centenary House and the nearby Bow Street sheltered housing scheme.

West Ham ward member Cllr Ron Manley said: "Once again the traders at Stratford Indoor Market have shown a real spirit of caring. It is kind of them to do this for some of the older members of our community and we thank them for their generosity."



Special delivery at Centenary House

Good work is at last recognised

The Government has at last woken up to our pioneering work in tackling rogue private sector landlords and given us £1m we asked for to help build on our success.

Local authorities around the country are following our lead and realising that property licensing is an effective way to drive up standards in the private rented sector. That's why the money awarded to develop our enforcement work is the biggest amount to any council in the country.

Using an innovative combination of planning and housing enforcement legislation, we continue to combat 'beds in sheds' and landlords who flout the law. This work is complemented by the country's first compulsory borough-wide property licensing scheme, which saw more than 30,000 applications for licences in the first 12 months.

Licensing allows us to monitor standards in the private rented sector and focus enforcement activity against landlords who refuse to comply with housing law.

We want to ensure that private sector rented properties are well managed and meet a good standard. We also want to deal with the crime and anti-social behaviour that is sometimes associated with bad private sector rented housing.

The majority of landlords in Newham are good but there are a minority of unscrupulous ones we are targeting.

We will never accept private sector tenants being directly exploited by landlords who force them to live in dangerous and unacceptable conditions. We have found families with children who do not know the names of other men living under the same roof. This is clearly inhumane and unacceptable.

Over the past two years, enforcement action has been taken against 101 'beds in sheds', 114 illegal house conversions into flats and 84 illegal conversions of houses of multiple occupation. Since property

licensing was introduced, 1,997 enforcement visits have been completed on unlicensed properties, 5,078 warning letters sent and 82 cautions issued for first time offences. We are also seeking to prosecute 134 landlords for various offences. Now we have secured this additional funding there's much more enforcement action to come.

Good landlords have nothing to fear from this scheme. For the bad ones, this is a clear message that they must clean up their act – or face paying the price.



Out on a raid on unlicensed properties with the BBC's Eddie Nestor



A shocking mess



Hazardous conditions



Mayor's view

Protecting high streets is a good bet

Newham Council has long campaigned for powers to rid our high streets of the increased number of betting shops and the highly addictive gaming machines known as fixed odds betting terminals.

We know that the betting shop industry is four times more likely to target less affluent areas with these machines and in Newham alone we have 87 betting shops with 348 of these terminals.

These machines allow people to gamble up to £100 every 20 seconds, meaning people can lose their wages almost instantly. There is evidence that they are magnets for anti-social behaviour, street crime, theft, shoplifting and violence.

Such anti-social behaviour is preventing us from attracting much needed investment from other businesses. If betting shops are not reined in, they will ruin our high streets.

“We’re not against responsible betting and gambling. Our issue is with the bookmakers that blight our high streets and prey on the vulnerable.”

We’ve urged the Government to rethink its recommendations on gambling and to give councils local powers to prevent betting shops from taking over our high streets. We’ve also asked for a reduction in the maximum number of fixed odds betting terminals in any one shop and for a reduction in



the maximum bet that can be placed via these machines from £100 to £2.

Where we can make a difference and curb the number of betting shops we will. Our Licensing Sub-committee continues to raise objections where we feel betting shops could have a detrimental effect on our residents, neighbourhoods and businesses.

We are taking action and have rejected a licensing application from Paddy Power for a betting shop in Upton Park because the primary activity from the shop would be from fixed odds betting terminals rather than traditional betting.

We also objected to Betfred increasing the late night opening hours of four betting shops from 10pm to 11pm. We weren't satisfied that

the primary activity at the premises during the extended times would be traditional betting, but rather the use of gambling machines. The application has since been withdrawn.

We're not against responsible betting and gambling. Our issue is with the bookmakers that blight our high streets and prey on the vulnerable.

It's reassuring to hear that national politicians from all sides understand the concerns of boroughs like ours and are looking at how concerns can be addressed.

Powers to ban fixed odds terminals would enable us to take on the betting shop industry and continue to create diverse, thriving and vibrant high streets for all of us.

with Sir Robin Wales

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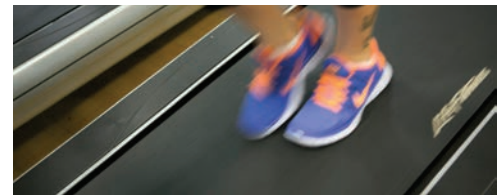
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East Ham Leisure Centre shapes up for 2014



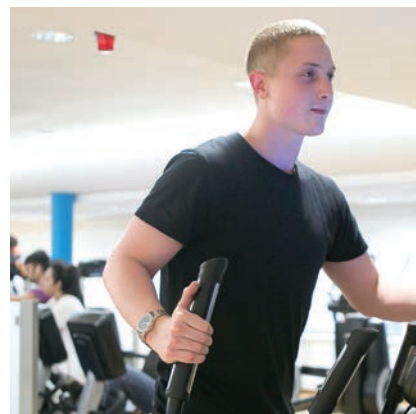
With the kind of equipment you'd normally only see at exclusive health clubs, a £400,000 modernisation sees East Ham Leisure Centre ready for the new year.

The gym area has been redesigned to make it feel more spacious and new equipment includes - new weights, power plates, medicine balls and kettlebells. There are 56 new state-of-the art cardio vascular stations including:

- > new treadmills – with sophisticated options, to give the ultimate cardio experience



- > new cross trainers – designed to deliver an effective total-body workout that closely replicates running or walking



- > new exercise bikes – biomechanically designed to reduce pressure on the knees, ensuring a comfortable and effective workout



- > a brand new group cycling studio with 17 bikes for spinning sessions led by specialist trainers.



Each piece of equipment gives you access to your own personal fitness training programme and has exceptional entertainment options, with iPod/iPhone and Android integration and internet connectivity. Staff at the leisure centre have been trained in the use of all the new equipment and are on hand to help.



The popular health suite has been re-furnished and redecorated, with new sauna, tiling and showers.

All changing areas have been revamped with new benches and lighting. The showers have been upgraded, the tiling, ceilings and fittings have been replaced and new lockers are on their way.

As part of the modernisation of the centre, the disabled changing facilities and toilets have also been completely refurbished. East Ham Leisure Centre is fully accessible with lifts to the upper floors and gym and hoists available for the pools.

activeNewham is offering some great membership deals for 2014. These include:

- > no joining fees
- > no contract
- > memberships at 2013 prices.

To find out more call **0844 414 2728**, drop into the centre at 324 Barking Road, E6, or visit **www.activeNewham.org.uk**

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NOT SO QUIET ON THE EASTERN FRONT

Oh What a Lovely War (OWaLW) returns to Theatre Royal Stratford East (TRSE) in February. The show, starring Caroline Quentin, marks 50 years since it was first directed by Joan Littlewood and 100 years since the start of World War One (WWI).

Caroline (*Men Behaving Badly*, *Jonathan Creek*) is making her TRSE debut.

After being trained to march by a sergeant major, her head still spinning from too many about-turns, the *Newham Mag* asked her about the landmark production.

What attracted you to OWaLW?

It's a show that people in the business talk about all the time. When the director, Terry Johnson, offered it to me I hadn't read it. He described it to me and the next day I phoned him and said yes. It's an ensemble piece. There are 12 of us. Within two days I could tell that we were going to have a brilliant time.

Have you worked in theatre before?

I started out as a dancer and a singer. I used to do pantos and that sort of thing. I was in the original production of *Les Miserables* and I worked at the National Theatre quite a lot. Then I drifted into telly.

Do you prefer TV or theatre?

Probably theatre. I had a good time on TV but the reason that you go into acting is to connect with people, and you never get that sense on television. Afterwards people come up to you and say they enjoyed it, which is lovely, but to actually be on stage and to time a laugh or try to affect people's emotions, you can tell straight away if you are succeeding or not. That's the best bit of the job for me.

From your career, what are you most proud of?

Men Behaving Badly was probably the most fun that you can have and get paid. I just laughed for eight years. That had a huge impact, not just on my working life, but my social life as well. I'm also really proud of the fact that I'm still friends with the *Les Miserables* girls from my dressing room after 30 years.

What can the audience expect from OWaLW?

Lots of laughs, great songs and great music. We've got a five-piece band, good singing and quite a devastating potted history of WWI. The audience should feel they can join in and speak to us, sing, laugh and cry if they want to.

What role do you play?

I play Emily Pankhurst, Lady Haig (General Haig's wife), a music hall singer, a girl that works in a munitions factory, a soldier, and a stall holder. We all cover lots of different parts.

Were any of your family in WWI?

My grandfather fought in WWI and died not long afterwards; I think it was too much for him. He had dark, almost black hair and it went white pretty much over ten days. I think it was a devastating, shocking experience and, like a lot of those men, he never recovered.

What do you think about young people watching OWaLW as

part of Newham's Every Child a Theatre Goer programme?

It's great. It's also great from the perspective of children getting in touch with history. I wasn't very academic at school. I remember being taken to see *Richard II* and it was the first time that I had ever been interested in any historical figure; before I'd only been interested in looking at my nails.

I think that children should be involved and face some of the harsh realities. I mean, there were a lot of kids their age in the war. I think they will find it really moving.

WIN

To be in with the chance of winning a pair of tickets to see OWaLW answer this question: Who originally directed OWaLW?

1. Alfred Hitchcock
2. Stanley Kubrick
3. Joan Littlewood

Email your answer, name, address and telephone number to newham.mag@newham.gov.uk or send it to Newham Dockside, 1000 Dockside Road, London, E16 2QU, by Monday 27 January.

OWaLW runs from Saturday 1 February to Saturday 15 March. Tickets starting from £6.50 are available online at stratfordeast.com or by calling 020 8534 0310.



Caroline Quentin

Do you live in Newham and want to teach a musical instrument?

The Mayor of Newham offers a ground-breaking programme called Newham's Every Child a Musician, which provides free music tuition in schools to children aged nine to 12. As part of the programme, Newham Council helps talented local musicians to become music tutors through our Local Tutor Training Programme.

> Can you play an orchestral instrument, maybe the guitar or keyboard to a high standard?

> Do you want to develop your teaching skills and experience so that you can become a music tutor?

If the answer is yes, then the **FREE** part-time Local Tutor Training Programme could provide you with a pathway to rewarding employment opportunities such as shadowing tutors in Newham primary schools or participating in a workshop with the world famous Royal Philharmonic Orchestra.

The next course runs from **27 February-28 June** and involves three workshops taking place at the end of each month. For more information about course content, application and interview dates, please call **020 3373 0481** or email **ecam.tutor@newham.gov.uk**

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Building a career

Getting Queen Elizabeth Olympic Park (QEOP) ready to open is a huge task and a great opportunity for Newham residents. More apprentices are working there than on any other site in London. And it's not just buildings that are soaring – careers are too.

Leanne Doig, from Silvertown, has just won the London Legacy Development Corporation's Apprentice of the Year saying: "I wasn't expecting it. It was an amazing feeling."

We spoke to three construction apprentices from Newham, including Leanne, to find out what it's like.

Leanne is the only female trainee construction operative to work on one of London's biggest conversion projects at QEOP. When asked why she chose to be an apprentice rather than go to college she said: "It's much better because you are on site for four days, so you get the experience, and one day a week you go to college to get the theory."

Leanne feels very strongly about her work on the park and says: "I don't think that I would have got the jobs and experience that I have got anywhere else. This park is not just for our generation, but for future generations as well. It benefits everyone."

Gintare Butkute, who lives in Stratford, is a business and administration apprentice. She said: "I went to university before and I really think that this work experience is as important as education. I think that every employer looks for someone that has both. Since I've been here I've realised what I want to do. I'd love a career as an office manager."

Marlon Sylvester, also from Stratford,

recommends apprenticeships for others saying: "Your communications skills and confidence go up dramatically. People will help and guide you, so once you've come out of an apprenticeship you'll be qualified and experienced so you will be much easier to employ."

"It's an honour to work on a project

like this. It's just across the road from my house. I'm like: 'I built that and it looks beautiful'. When I talk about it I get a really good feeling inside."

To find out more about apprenticeships and finding work in Newham turn to pages 4 and 5 of the pullout.



(L-r) Gintare, Leanne and Marlon at QEOP

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For further details ring Admissions on **08456 122122** or email **enquiries@capel.ac.uk**

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2014

IT'S WHAT YOU
MAKE OF IT

**Your pullout
and keep guide**

CAREERS / COMMUNITY / EVENTS CALENDAR
HEALTH / FITNESS / LIFESTYLE CHANGES



MAKE IT A DATE

**A New Year is what you make of it,
so make 2014 your best year to date.**

There's another year of fantastic, free, fun, family events taking place over the next 12 months, brought to you by the Mayor of Newham and Newham Council. Listed here are key dates for your diary where you, your family and friends can enjoy a great day out. As well as this, there are opportunities to host your own community events and activities via our Let's Get the Party Started and Go for It grants programme, where you could get up to £250, or £500 in exceptional cases, to help you bring your neighbourhood together.

COMING UP

January

Holocaust Memorial

Day – 27 January,
10.30am, Newham
Town Hall, E6.

Join us to share a sense of belonging and show you oppose intolerance.



February

LGBT (lesbian, gay, bisexual, trans) Month

Valentine's Day Tea Dance – 14 February.

Quick step down to Old Town Hall Stratford for the monthly over 50s tea dance, 1.30-4.30pm. Tickets £3. Call 020 3373 2879.

March

Over 50s Tea Dance Grab your dancing shoes and head to Old Town Hall Stratford for the monthly over 50s tea dance, 1.30-4.30pm. Tickets £3. Call 020 3373 2879.



April

Active Community Team Spring Festivals – local information and a great day out for all. Turn to page 8 of this pullout to find out how you can get involved.

Easter Weekend, 18, 19, 20, 21 April

May

Local, Mayoral and European elections – 22, 23, 25 May. Make sure you're on the electoral register and use your vote.

Council Annual General Meeting – 29 May

June

Active Community Team Summer Festivals begin. Local information and a great day out for all. Turn to page 8 of this pullout to find out how you can get involved.



July

Le Tour De France – Monday 7 July. The world's cyclists make tracks through Newham.

Mayor's Newham Show – Saturday 12 and Sunday 13 July. Two days of free family fun and entertainment at Central Park, E6, starting with the superb Newham Carnival on Saturday.



Newham London Run – Sunday 20 July. Keep reading the *Newham Mag* to find out how you can sign up for this year's event, which returns to Queen Elizabeth Olympic Park.

August

Under the Stars – 14, 15, 16 and 17 August. Four superb, unmissable evenings of free music in Central Park, E6.



September

The Newham Waterfront Festival (TBC)

October

Young Mayor elections
Newham Heritage Week

November

Guy Fawkes Night – a stunning free firework display will take place in early November.



Remembrance

Sunday – 9 November. Services of remembrance will take place across Newham.

Armistice Day – 11 November. Join us at the Cenotaph in Central Park, E6, for the council's official service of remembrance.



December

Disability History Month

Christmas lights switch-ons across the borough. Keep reading the *Mag* for more details.

Also this year...

Keep reading the *Newham Mag* for details of:

- > **Ideas Olympiad lectures**
- > **World War One centenary events.**

Turn the page to see more from our events.

MAKE IT AN EVENT

To find out more about hosting your own events and activities in 2014 email communitygrants@newham.gov.uk or visit www.newham.gov.uk/grants

Follow us on Twitter @NewhamLondon or visit www.newham.com/summer

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Let Workplace work for you

Whether you're looking for work or want to spruce up your CV; kick start your career at Workplace, where jobs and training go hand-in-hand.



Work

Newham Council's employment service Workplace helps employers find the right residents to work for them and supports local people into these jobs. The bespoke service is free to Newham residents and employers.

No matter how much or how little work experience you have, Workplace can provide support and advice to enhance your career choices including:

- **job searches to find work that suits you**
- **careers advice**
- **help with work experience and volunteering to boost your skills**
- **business start up advice**
- **work-related training**
- **support to compose a CV.**

Workplace vacancies include opportunities in retail, construction, clerical, security, hospitality, manufacturing, warehousing and health and social care.

Mayor Sir Robin Wales said: "Since opening in 2007, Workplace has helped more than 20,000 residents into work. By forging relationships with businesses. Workplace ensures when vacancies arise Newham people are first in line to secure a job."

Out of work for a year or more?

If you've been unemployed for a while or live in a house where people don't work you could get specialist support to take your first steps back into employment. The Mayor's Employment Project (MEP) aims to help residents who would like to work, but are afraid of losing their benefits or being financially worse off in work. Ask to speak to the MEP team when you visit Workplace.



Training

Workplace can offer you work-related training which will help update your skills and get the job you want. All Workplace's courses are linked to job opportunities. You need to be referred to a course by a Workplace advisor. Courses include:

CV One Day Intensive Course

– create a personal CV that is sector specific and showcases your skills and abilities.



Customer Service with Telephone Skills, City & Guilds Certificate

– one day course to improve and develop you awareness of customer needs, techniques and help improve your confidence.

Construction Skills Certificate Scheme (CSCS) Card – Awareness and Testing – and Construction

– sign up for a construction screening session with our specialist team to check your skills and see which accredited training course could help.



Take Three Days – three day refresher course aimed at parents/carers thinking about returning to work.

Security Industry Authority (SIA) Badge Renewal

– if you have previous experience in security work Workplace can help you renew your SIA accreditation.

SIA Door Supervisor – limited places are available for candidates who are serious about work in the security sector and have a five year checkable background history.

Chartered Institute of Environmental Health (CIEH) Level 2 Award in Food Safety in Catering – are you looking for a job in food handling and preparation? Then sign up for this one day industry recognised certificate.

Apprenticeships

Apprenticeships give you the opportunity to earn while you train towards a recognised qualification.

Anyone aged over 16 can be an apprentice.

Most apprenticeships have entry requirements and a selection process which you will need to be prepared for. Workplace can help you with applications and interview skills.



Register online at **www.newhamworkplace.com** for more details about upcoming apprenticeships.

What next?

Visit **www.newhamworkplace.com** for more details. To access the services offered at Workplace you must be a Newham resident who has lived in the borough for more than one year. To register you must provide proof of ID, address and National Insurance – see the website for more details.

You can call Workplace on **020 8430 4331** or visit one of the following offices:

Workplace Canning Town
The Place
2 Silvertown Way
E16

Workplace Stratford
Boardman House
64 Broadway
E15



2013 in pictures special

Fitness at yo

Getting fit, leading a healthier lifestyle or losing weight is a regular feature on many people's New Year's resolution list. While we all start with good intentions, keeping motivated to achieve your goal is often easier said than done. Newham Council can help you make small steps to achieve big changes.

Ateeq Rashid is a fitness instructor at Newham Leisure Centre in Plaistow, one of three leisure centres in Newham operated by the council's leisure provider activeNewham. A brand new Atherton Leisure Centre will open next year.

Most people who come to the gym have one goal: how to beat the bulge. While this is an achievable aim, Ateeq says it's not one that the gym alone can combat: "We don't encourage people to use fad diets but make small changes to become healthier. Using olive or vegetable oil instead of butter when cooking, or instead of biscuits and cake have fruit or yogurt. The easiest change is swapping fizzy drinks for water. All these things can all have a long term impact on health as well as fitness. These changes incorporated with training four times a week will make a big difference."

A trip to any Newham gym is far from a daunting experience. Every member receives a personalised training plan as part of their induction, which is reviewed every six weeks. Ateeq explained: "We're not a place where you pay the money and we forget about you. We treat individuals as individuals and don't tell people what their goals are. Once a programme has been developed we help people stay on the right track. We have a fantastic machine which shows you your body fat levels and which areas of your body you should be working on. If we see someone struggling or not being as active we'll approach them to see if they are ok and maybe change something in their programme."

The role of a fitness instructor is not limited to fighting fat – exercise can make a real impact on people's lives. Ateeq's role involves working with young people in junior gym sessions for 11 to 16 year-olds, delivering GP referral sessions to

those with complex health needs as well as sessions for disabled people. He said: "I was lucky enough to work with athletes during the 2012 Paralympic Games – it was a dream come true – but I've also seen some amazing results here. For example, we have helped a woman who had a stroke. She wasn't really mobile and now she can walk on the treadmill, which has improved her confidence and helped her to walk outside."

Ateeq's top tips

Exercise

"Everyone should do some sort of cardio vascular exercise for 30-minutes, five times a week, whether that's running or gardening – anything that gets your heart pumping."

Diet

"Watch your food portion sizes. Substitute unhealthy foods for healthier options."

Learn

"Come to the gym and speak to us. Not many gyms have such approachable fitness instructors who you can speak to one-to-one. It's never too late to exercise."

The gym not your thing?

Play your way to health

Take to Newham's parks to enjoy the great outdoors and improve your health.

Get children's pulses racing in the playground or grab a football and have a kickabout. Look on park noticeboards for family-friendly activities taking place this year or visit www.activenewham.org.uk

Grow your way to health

Community gardens help you keep active, meet new people and enjoy the rewards of growing your own fruit and vegetables.

For details of your community garden call **0844 414 2728** or visit

www.activenewham.org.uk

To help set up a community garden email info@activenewham.org.uk

Walk your way to health

If you find it difficult to get active, start with small steps and take up walking – one of the simplest and most effective forms of exercise. There are some great walking routes in Newham and almost daily health walks take place in Newham's parks. There are also longer walks which take you outside Newham. For more information visit

www.activenewham.org.uk

WIN: three-month activeNewham membership

For your chance to win a three-month membership valid at all three Newham leisure centres, (Balaam, East Ham and Newham) with unlimited access to gym, swimming pool and fitness classes send your name, age and address to Newham Mag, Newham Dockside, 1000 Dockside Road, London, E16 2QU by Friday 31 January. Membership available to over 16s only.

Sign up for an activeNewham membership with no contract or joining fees in January. Concessionary monthly membership starts from £23.35, full adult membership costs £48.90. For more information visit www.activenewham.org.uk or speak to the membership team at your local leisure centre. Pay as you go membership is also available.



1 A summer scorcher. The Mayor's Newham Show returns this year on **12 and 13 July** for another two days of free family fun and entertainment. **2** The light fantastic. Weather permitting, the explosive annual free Guy Fawkes Night fireworks display will take place in **November**. **3** On track for another great run. Residents will once again make tracks in the Newham London Run on **Sunday 20 July**. **4** Smiling faces are guaranteed at your Active Community Team festivals – turn to the Community Hubs feature to find out how you can get involved in making your local event a success. **5** Enjoy some high notes at Under the Stars which takes place from **14-17 August**. For more details of all these events turn to page two of the pullout guide.

ur leisure



Ateeq Rashid



Your neighbourhood, your community hub

**This year councillors will introduce
exciting changes across the
borough which are designed to get
you involved in improving your
local area.**

Councillors at the heart of the community

Community hubs are a combination of community centres, libraries and other local spaces which put residents at the heart of decisions to bring about positive change in our neighbourhoods.

Councillor Richard Crawford, senior executive member for community affairs, said: "Through community hubs, councillors will bring people together in informal ways to share ideas and knowledge and build common ground and friendships.

"Working together, skills will be shared turning ideas into reality, with local people and organisations taking greater ownership of their environment."

Whether you'd like to organise local events, volunteer, make a positive impact to your environment or simply get to know your neighbours better, get involved with your community hub.

Community hubs provide opportunities for residents to meet their neighbours, build friendships and improve their environment and quality of life.

Hubs support residents to hold events and run activities that bring people together. Working with councillors and the council, residents are now more able to improve their local area and tackle persistent problems.

Hubs ensure local services are responsive to local needs and support residents to develop groups and networks where people can share skills and meet their neighbours. Community spaces are becoming more flexible so activities and events are more appealing and accessible.

Hubs want to encourage more residents to volunteer and more volunteering opportunities will be available

in the future.

Councillors are at the heart of the community. From tackling longstanding eyesores to creating opportunities that bring neighbourhoods closer together, they work to improve the local environment and the lives of residents.

Through hubs, your councillors will work directly with adults and young people to identify and address their concerns, as well as develop community projects.

Older, disabled and vulnerable adults are being encouraged to take part in a variety of community activities that meet their needs and interests. New and existing voluntary and community groups will be encouraged and supported to deliver a broader range of activities.

Community hubs in action: First Avenue Community Garden

Last year, Plaistow residents approached their councillors about a gated, locked piece of land, which was affected by anti-social behaviour, fly tipping and dog fouling. Residents wanted the land to be put to better use and, working with their councillors, came up with the idea of a community garden.

Residents, local schools and community groups, with the support of the council, the British Heart Foundation and environmental regeneration charity Groundwork, have transformed the area of derelict land. Where dog mess and rubbish once lay now stands a beautiful outdoor oasis which residents can use to relax, exercise and grow vegetables.

Since the garden's creation, a steering group, supported by Plaistow Community Lead Councillor Forhad Hussain, has secured numerous community grants to support the project's continuation. Their hard work, dedication and commitment to improving the local area has seen more than eight resident-led community events take place at the garden.



Councillors and residents at First Avenue Community Garden

Get involved

Find out more about activities in your area, how to access grants to deliver activities and events and how to meet your local councillor by contacting your local community hubs team:

Beckton and Royal Docks – CHBeckton&RoyalDocks@newham.gov.uk or call 020 3373 7893

Custom House and Canning Town – CHCustomHouse&CanningTown@newham.gov.uk or call 020 3373 7893.

East Ham – email CHEastHam@newham.gov.uk or call 020 3373 3871.

Forest Gate – email CHForestGate@newham.gov.uk or call 020 3373 8382.

Green Street – email CHGreenStreet@newham.gov.uk or call 020 3373 9622.

Manor Park – email CHManorPark@newham.gov.uk or call 020 3373 1267.

Plaistow – email CHPlaistow@newham.gov.uk or call 020 3373 1540.

Stratford and West Ham – email CHStratford&WestHam@newham.gov.uk or call 020 3373 3578.

To find out who your local councillors are visit www.newham.gov.uk/councillors



Councillor Clive Furness, executive member for health and adults commissioning, said: "Being healthy doesn't have to be hard work. Small changes to your diet and taking regular exercises can help keep you healthy and make you feel good too."



Some people will do anything to get their picture in the *Newham Mag*, but dropping litter is not the smartest way to do it. Why not turn over a new leaf for the new year and start picking up rubbish rather than dropping it?

If you were to help organise a day where your neighbours can get together to clear a space or make a difference to your area then chances are we'd want to run your picture, for all the right reasons.

Not only that, but instead of getting an £80 fixed penalty notice, you'd probably be able to get a Let's Get the Party Started grant from Newham Council to pay for things like equipment and refreshments. To find out more email communitygrants@newham.gov.uk

Make 2014 the year that you put your community first in your resolutions.

The pictures on this page show people who are responsible for dropping litter and other forms of anti-social behaviour. If you recognise anyone please call 020 3373 4479 and quote the reference number beside the picture.

Ensuring your anonymity

Newham Council is committed to tackling crime and anti-social behaviour in partnership with the police and other agencies. If you provide information regarding identities:

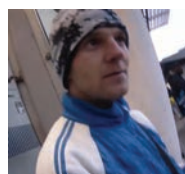
- you will not be required to provide your name
- you will not be required to leave your contact details
- you will not have to make a statement.

Don't put up with rubbish. Don't drop it and if you see it report it.

To get it cleared up report it online at www.newham.gov.uk/MyNewham



Ref: Jan09949



Ref: Jan13773



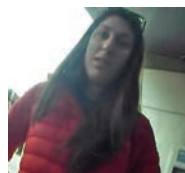
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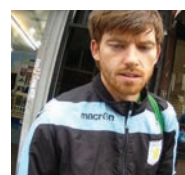
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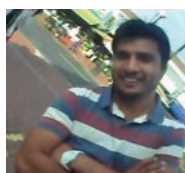
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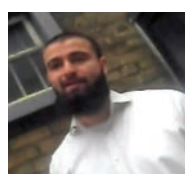
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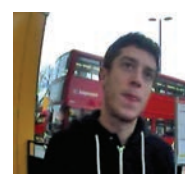
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Please call 020 3373 4479 and quote the reference number by the picture.



CAUGHT ON CAMERA



Nabiha, Tahmid, Samiha



Hamza and Dawud



Cherise



Muhainin



Zamir



Randeep and Hrydai



Lola



Samuel



Khadija and Zakariya



Sir Robin and Cllr Ellie Robinson
back right, with volunteers



The revamped bridge with hand trees on the right

Schools' handy work

A Newham Council grant has brought people and paint together to create an eye-catching mural on Forest Gate's Balmoral Bridge.

Children from Earlham and Godwin primary schools in Forest Gate came together with the community to transform the bridge, which carries Balmoral Road over the railway line, with a vibrant splash of colour.

Residents and local school children were invited to bring their ideas to meetings at café CoffeE7 where local artist James Valentine created an overall design. A Let's Get the Party Started grant from Newham Council helped pay for paints and equipment to make the project possible.

One key idea that helped link the parts together came from local schoolboy Mirza, who came up with the hand tree. Mirza, 11, said: "I thought that if the trees could

be hands they would look really nice. I thought of this because branches look like arms, so I used arms to create these hand style trees."

A call was made to the local community and more than 100 residents turned out to give a hand with the painting.

Jim Valentine said: "I was amazed by the enthusiastic response and their artistic skill."

Landmarks such as Forest Gate Station, the University of East London and the drinking fountain clock feature prominently.

Other artists included schoolmates Khadija, 11, and Samuel, 11.

Khadija said: "I painted the angels, because of the cemetery near Forest Gate.

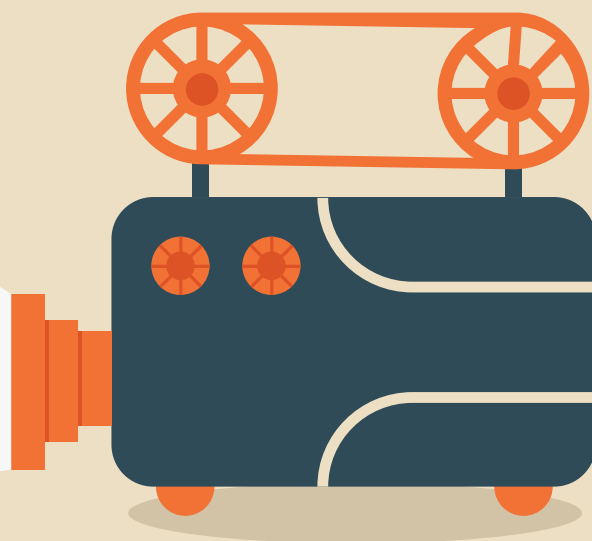
It felt like an interesting picture to paint."

Samuel painted the station. He said: "The station is a big part of the area and people go there a lot. I enjoyed it because it was a chance to show what I can do with art."

Mayor Sir Robin Wales met volunteers to find out more about their work. He said: "This is exactly why we created Let's Get the Party Started grants. We want to give our community support to create their own vision, to engender pride in where they live and bring people together."

To find out more about Let's Get the Party Started grants, or to apply for one, email communitygrants@newham.gov.uk

Lights, Camera, Newham!



What do actor Johnny Depp, director Danny Boyle and singer Katy Perry all have in common? In the past 12 months they've all been filming in Newham.

Newham's landscapes and locations regularly take centre stage in films, dramas, music videos and commercials.

Silvertown's Millennium Mills, and a number of roads in the borough were transformed into a stunt-filled, black Moscow night for upcoming movie *Mortdecai* starring Johnny Depp, Ewan Macgregor and Gwyneth Paltrow. The film tells the story of art dealer Charles Mortdecai who searches for a stolen painting rumoured to harbour a secret code that unlocks access to hidden Nazi gold.

The hotly anticipated *Man From U.N.C.L.E.*, directed by Guy Ritchie, also took over Millennium Mills and nearby Royal Victoria Dock where breath-taking stunts using boats and guns were filmed, with vehicles hurtling off jetties. The spy-fi action film based on the 1964 hit TV series of the same name is due for release later this year.

On a more tranquil note, Katy Perry sought decadence and set the video for her new single *Unconditionally* inside Old

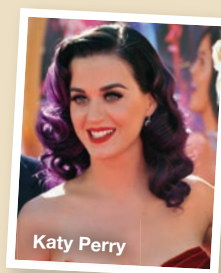
Town Hall Stratford.

The singer used dancers, greyhounds and owls in the shoot which showcases the Grade II listed building in all its Victorian splendour.

Renowned director Danny Boyle, who also directed the opening ceremony of the 2012 Olympic Games, headed back to Newham for his new television production *Babylon*. He, cast and crew headed to Canning Town to shoot the comedy drama about London's police force. The pilot is due to air early this year.



If you are the owner of a property and you are interested in letting it out to film companies for use as a TV or film location, you could earn some money. Visit www.newhamfilloffice.co.uk for details.



Awards in the pipeline?

Former Newham residents Chiwetel Ejiofor and Idris Elba are in line for BAFTA award success.

Chiwetel received a nomination for Best Leading Actor for his role in *12 Years A Slave*, based on the true story of Solomon Northup. Chiwetel told us: "I continue to be immensely proud of the recognition this film is getting around the world. There is, of course, something particularly special about receiving a BAFTA nomination from home."

Idris's portrayal of Nelson Mandela in *Mandela: Long Walk to Freedom* has earned a nomination for Outstanding British Film.



WIN: The Boys are Back in Town

Recapture the magic of the 1960s club scene in one great night at the Boys are Back in Town.

The former Two Puddings Pub in Stratford and Forest Gate's Lotus Ballroom are reuniting on Saturday 25 January to bring you an evening of non-stop dancing at the Old Town Hall, Stratford.

This one-off event features live music from the swinging 60s including: The Falkons, This Group of Mine, Sean Buckley and The Breadcrumbs, Saxons and Joe Williams & The Teens, plus special guests and DJs.

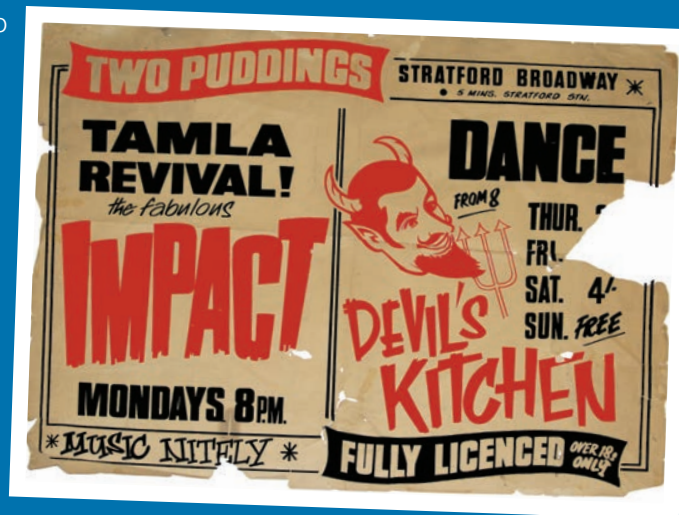
We have eight pairs of tickets to give away. To be in with the chance of winning a pair, answer this question:

On what Stratford road was the Two Puddings Pub?

- a) The Grove
- b) High Street
- c) Broadway

Email your answer, name, age, address and telephone number to newham.mag@newham.gov.uk or send it to Newham Dockside, 1000 Dockside Road, London, E16 2QU, by Wednesday 22 January. You must be aged over 18 to enter.

Advanced tickets cost £20 from theboysarebackintown.eventbrite.com



A festival of edgy words

Head to Red Door Studios in East Ham to enjoy Words with Edge, an interactive festival of literature.

From 26 to 31 January, the community arts space will host workshops, interactive exhibitions, stand up comedy, theatre, stalls and performances by some of the best spoken word, rap and slam artists.

Words with Edge has been created to show that words have power and that we each have a story to tell.

Throughout the week, visitors are invited to create stories on postcards. On Friday 31 January there's an open mic night, where you can share what you've learnt and created.

Artist Liz Clough will present an interactive and playful exhibition, Doublespeak – an exhibition of words.

Red Door Studios is on Masterman Road, at the rear of 120 High Street South, East Ham, E6. For more information call 07515 378 548, email reddoorstudios@ymail.com or visit www.reddoorstudios.co.uk

Help pub raise charity cash

The team at the Tollgate Tavern in Beckton are holding a charity variety day on Saturday 22 February to raise money for Mayzi's Miracle – a little girl with cerebral palsy.

The event, which takes place from 1-8pm, follows on from the Tavern's previous charity event, which raised £200 for St Joseph's Hospice in Hackney.

To find out more or get involved call Ann Spearman on **07523 252 553** or Victoria Sutton on **07752 877 425**.

Win: SportsDock membership

Beckton's SportsDock is giving away a membership for February, worth £60. The month's membership to the £21m sports centre, located at the University of East London Docklands campus, gives you unlimited access to the gym and fitness classes.



The state-of-the-art facility was created for the 2012 Games. Their fitness instructors are highly experienced graduates and are on-hand to make getting fit fun. They run a full exercise timetable with a wide range of classes from Ashtanga Yoga to Zumba.

To be in with the chance of winning the month's membership to SportsDock answer this question: **What was the motto of the 2012 Games?**

1. May the force be with you
2. Inspire a generation
3. Go ahead, make my day

Email your answer, name, address and telephone number to **newham.mag@newham.gov.uk** or send it to Newham Dockside, 1000 Dockside Road, London, E16 2QU, by Sunday 26 January. You must be aged over 16 to enter.

Carers meeting

The next meeting of the Newham Carers United Forum will take place on Thursday 30 January, from 10.30am to 1pm, at St John's Church, Broadway, E15.

A carer is someone who, without being paid, looks after a relative, child or friend who is frail, disabled, ill or a substance misuser.

The meeting will include a guest speaker who will share their experience of what it is like to be a carer.

These meetings are for carers only. If you have any access or dietary needs call Jackie Hardy on 020 8519 7536 or e-mail

jackie.hardy@renewalprogramme.org.uk



Uke can do it

Newham Ukes is offering free ukulele workshops.

The sessions, supported by a Newham Council Let's Get the Party Started grant, start on 29 January and every Wednesday thereafter, from 6.30-8.00pm at CoffeE7, Sebert Road, E7.

The ukulele is fun, cheap and easy to play. Newham Ukes intend the group to eventually perform publicly.

Bring along your own ukulele or loan one for a small deposit.

Places are limited but open to all ages and abilities. Booking is essential. Email

newhamukes@outlook.com or

find out more at

newhamukes.wordpress.com



Kids' Corner



PLEASE SEND YOUR DRAWINGS,
JOKES AND POEMS TO:
KIDS' CORNER, WEST WING
4TH FLOOR, NEWHAM DOCKSIDE
1000 DOCKSIDE ROAD, LONDON E16 2QU
OR EMAIL THEM TO
newham.mag@newham.gov.uk

Don't forget to write your name, age, address and daytime
contact telephone number on the back of your entry

GALLERY



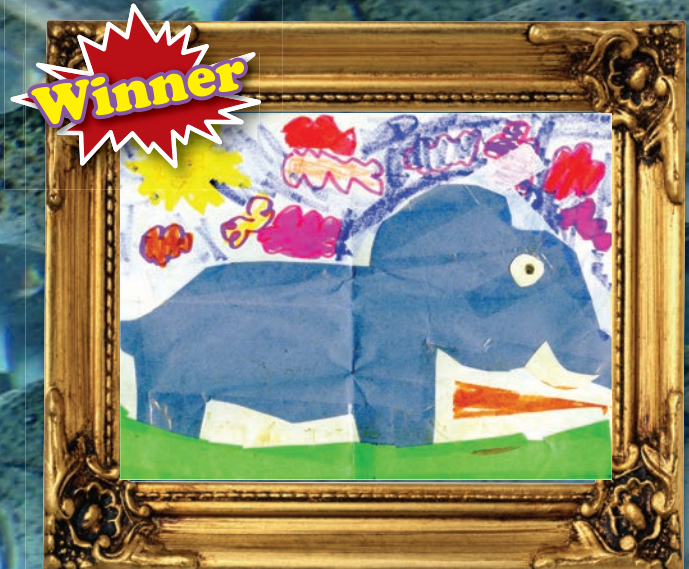
Roanna Reid, 10



Nabeel Uddin, 10



Priyesh Givane, 7



Hamza Agius, 6

Win free membership at Stratford Picturehouse

This issue's winner receives free annual family membership at Stratford Picturehouse, which includes free tickets and discounts on films.

To be in with a chance of winning this or another great prize send your pictures, jokes and poems to **Kids' Corner, West Wing, Fourth Floor, Newham Dockside, 1000 Dockside Road, London E16 2QU**. Don't forget to write your full name, age, address and daytime contact telephone number on the back of your entry. **Good luck!** Visit www.picturehouses.co.uk to see what's on.



Poem

Loving Mums

Mums say good morning,
Mums say goodnight,
Mums make your breakfast,
Lunch and even dinner too,
Mums hug you,
Mums kiss you,
Mums are happy,
Mums are sad,
Mums are always glad to be
with you,
That's why Mums love you.

By Niha, aged 10

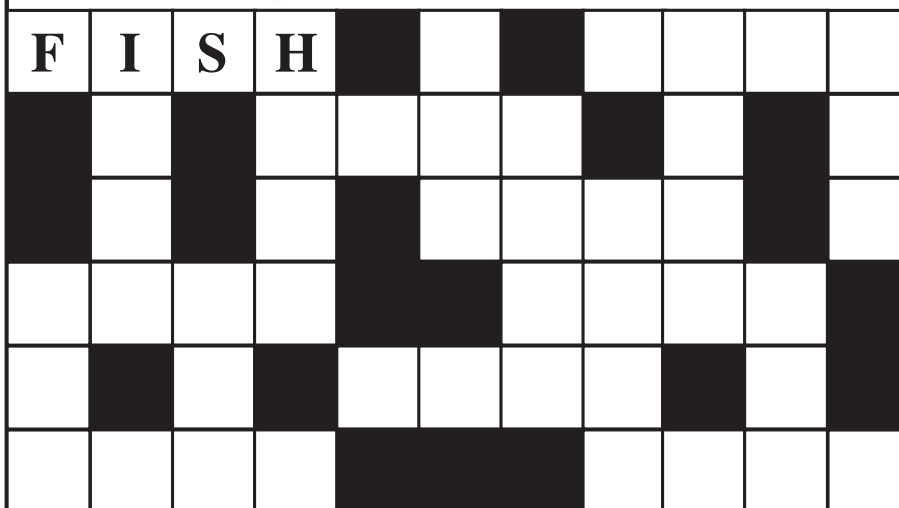
Colour-me-in Wordfit

3 letters

EW
GNU
PAR
SET
SKI

4 letters

EARN
ESPY
EXIT
FLAG
HOLY
IRIS
LINE
NEWT
OATS
OXEN
ROSE
TERN
WOES



WHAT'S ON? 17-31 JAN

FIVE PAGES OF ACTIVITIES **MOSTLY FREE, ALL FUN**

OUR THRILLING THREE...

Each of these clubs is offering a first session for free if you give them a try in January:

1 **Try badminton** with Ramgarhia Badminton. Tuesdays: adults, 7-9.30pm, Little Ilford School, Church Road, E12. Fridays: juniors, 6-7.30pm; adults, 7.30-9.30pm, Langdon School, Sussex Road, E6. Email ramgarhia.bc@gmail.com or visit www.ramgarhiabadmintonclub.com

2 **Get your hand in at handball** with Newham Flames. Thursdays, 7-8.30pm, Rokeby School, Barking Road, E16. Email nf.coach@hotmail.co.uk

3 **Go batty** with Newham Cricket Club. To register an interest, email your name, age, experience (if any) and contact details to newhamcricketinfo@gmail.com

MENTION THE MAG...

SportsDock, a £21m sports centre located in Beckton at the University of East London, is offering *Newham Mag* readers a free gym or exercise class day pass to use during January.

SportsDock has it all including a futuristic fitness centre, amazing strength and conditioning room and a top-spec outdoor 3G seven-a-side football pitch. There are also two indoor sports arenas and a dance and aerobics studio which hosts an incredible range of classes, from body blast to Zumba.

To claim your free pass, worth £6.50, show this copy of the *Newham Mag* at SportsDock reception, 4-6 University Way, E16. Call 020 8223 6888 for more information or email enquiries@sportsdock.co.uk



TRY SOMETHING NEW... MUMS2BE MEET-UP

If you're pregnant and would like to meet first time and experienced mums to share pregnancy concerns, discuss labour options and ask crucial childbearing questions head to Mums2Be.

Led by a knowledgeable NCT volunteer, Mums2Be will support you throughout your pregnancy and give you the chance to meet other pregnant women.

The first Mums2Be meet will take place at Stratford Circus Café, Theatre Square, E15, on Saturday 15 February, from 10-11am, and every third Saturday of the month thereafter. For more details email newhamnct@hotmail.com or call 07789 953 151.



★ Indicates free sessions

ARTS AND ENTERTAINMENT



Comedy Night



Mon, 8pm, Theatre Royal, Gerry Raffles Sq, E15. Visit www.stratfordeast.com/comedy-night

UNDER-FIVES LIBRARY ACTIVITIES



Storytelling



Mon, 10.30-11.15am, Custom House
Mon, 11am-12noon, Beckton Globe, Stratford
Tues, 10.30-11.30am, Canning Town
Tues, 11am-12noon, The Gate, Stratford
Thurs, 2-3pm, North Woolwich, Plaistow
Fri, 11am-12noon,

Manor Park, Stratford, Green St

Homework Club



Term time only.

Mon, 3.30-5.30pm North Woolwich
Mon, 4-6pm, Stratford, East Ham,
Wed, 3.30-5.30pm, Green St, Manor Park
Thurs, 4-6pm, Custom House, The Gate, Plaistow
Fri, 3.30-5.30pm, Beckton, Canning Town

OTHER LIBRARY ACTIVITIES



Homework Club (7-14yrs)



Free study support.

Mon, 3.30-5.30pm North Woolwich
Mon, 4-6pm Stratford
Wed, 3.30-5.30pm Green St, Manor Park
Thurs, 4-6pm Custom House, The Gate, Plaistow
Fri, 3.30-5.30pm Beckton,

Canning Town

Knit & Natter

Adult group.

Wed, 10am-12noon, Beckton

Fri, 10am-12noon, Canning Town

Over-50s Club

Thurs, 10am-12noon,

Beckton Globe

Chess Club

Thurs, 5.30-7.30pm, Stratford

Employability Skills

ESOL class with a focus

on creating a CV and

communication skills for work.

Mon, 12.30-2.30pm, The Gate

Skills Rethink Family Arts Club (3-12yrs)

Sat, 12noon-2pm, The Gate

ESOL Class

Tues, 9.30-11.30am, The Gate.

English classes, women only

Writer's Group

Last Thurs of each month,

5.45-7.30pm, The Gate

COMMUNITY ACTIVITIES



NCT Newham Groups

Mums2Be

If you're pregnant come and meet with other mums-to-be.

Stratford Circus Cafe, every third Saturday of the month

10-11am, FREE. Contact

newhamnct@hotmail.com or

Kelly on 07789 953 151

Bumps and Babies (up to 1yr)

A free home-based meet up

every Wednesday, 1-3pm

for expectant parents and

those with babies. Email

newhamnct@hotmail.com

Royal Docks Learning & Activity Centre

Mon, Employment Support sessions, by appointment only

Tues, Healthy Cooking Group, 10am-12noon, £1

Parent and Toddler group,

free, 10am-12noon

Over-50s computer classes,

11am-1pm, £1

Weds, Coffee Morning,

9.30-11am

Keep fit class, 10-11am, £1

Learn to Earn – Employment

Support Drop-in, 1-2pm

Sewing Classes, 10am-12noon, £1

English support for Work,

12noon-1pm

Shop and drop (60+) 10.15am

Thurs, Tai Chi, £2, first

session free, 10.30am-12noon

Learn to Earn, 11.30am-1pm

Royal Docks Learning &

Activity Centre, Albert Rd, E16.

Call 020 7476 9922

Table Top Sale

Sell your goods. £5 a table.

Last Sat of every month, 9am-

2pm, Jack Cornwell Community

Centre. Call 020 8553 3459

Music Therapy

Term-time sessions to help develop interaction with children.

Thurs, 3-4pm, Shrewsbury

Children's Centre, Manor Park.

Call 020 3373 6050

Fri, 2.15-3.15pm or 3.45-

4.45pm, Susan Lawrence

Children's Centre, Manor Park.

Call 020 3373 7227

www.newham-music.org.uk

BOXING AND SELF DEFENCE



Boxing

Mon, Wed, Fri, 5-6pm



Chess Club

West Ham Boys ABC 9+yrs,

The Black Lion, 59-61 High

St, E13. Call 020 8472 3614

Mon, Wed, 6-8pm

Peacock ABC, 8+yrs,

Caxton St North, E16

Call 020 7511 3799

Mon, Wed, Fri, 6-7.45pm

Newham Boys ABC,

6+yrs, Old Bath House,

141 Church St, E15.

Call 020 8519 5983

Fight For Peace 11+

Woodman St, North Woolwich,

E16. Call 020 7474 0054

Punch Out (16+yrs)

Tues, 4-5pm, Katherine Rd

Community Centre, 254

Katherine Rd, E7. Email

getactive@newham.gov.uk

Shoujin Karate

Fri, 6-7pm and 7-8.30pm.

Sun, 10-11am. Under-15s £4,

18+yrs £6, concs £5

Wed (during term time only)

4.30-5.30pm

Newham Shoujin Karate Club,

Newham Leisure Centre.

Call 07508 070 638

Docklands Karate Club

First session free. Mon, 6.20-

8.20pm, under-15s £4, 16+

£6, concs £5. UEL Sports

Dock. Call 07766 685 869

Gurumu Taekwondo

Mon and Wed, children

6-7.30pm, juniors and adults

7.30-9.30pm. Monega Primary

School, Halley Rd, E12.

Call 07931 709 140

JFI Karate (5+ yrs)

For children and teens

Mon, 5-6.30pm, Wed,

5-6.30pm, The Hartley Centre.

Call 07818 000 643

Kickboxing

Mon, Wed and Fri,

6.30-8.30pm. Trad TKO

Boxing Gym, Stephenson St,

E16. Call 07944 873 927 or

email eastlondonkickboxing

@gmail.com

Intense Fitness (14+)

Skipping, running, upper body

and leg workouts followed by

20mins boxing and wrestling.

Fri, 8.30-10pm. The Hartley

Centre, call 07878 253 642

Boxing (Newham College)

Mon, 5-6pm, East Ham

Leisure Centre.

Wed, 4-5.30pm, SportsDock.

Judo

Mon, 5.30-6.30pm,

SportsDock

HEALTH AND FITNESS



Family Fit Camp

Discover fitness, health

and family fun. Parents and

children (7-12yrs), child is free.

Sat, 12-1pm, SportsDock.

90 Day Boot Camp Challenge

Starts in Feb, various times,

SportsDock. For details call

07904 625 402 or emailneusa

@5starphysique.co.uk

Bootcamp (men only)

Thursdays, 7.30-9pm, £5

Langdon School Sports

Centre, Sussex Rd, E6.

Call 07818 000 643

Zumba classes

Thurs, 7.30-8.30pm, London

Tamil Sangam, 369 High St

North, E12, £5. Wed, 7-8pm,

Hathaway Community Centre,



Music therapy



Tennis

Hathaway Cres, E12.
Call 07720 805 505

Yoga

Weds, 6.45-7.45pm
The Unitarian Church,
West Ham Ln, E15. £6 (£4
concs). Call 07946 072 412 or
visit www.om4health.co.uk

Gate 7 Yoga

Yoga, Tues, 10am, £5, Forest
Tavern, 179 Forest Lane, E7.
Yoga, Tues, 7pm, £5, Forest
Gate Methodist Church, E7.
Sow & Grow, Thurs, 6.30pm, £5,
Yoga, Play, Abbey Lane, E15.
Yoga, Fri, 10am, £5, Forest
Tavern, 179 Forest Lane, E7.
Call 07950 944 095
www.gate7yoga.wordpress.com

Twisted Pink Street Dance

7-11yrs, Thurs, 6-7pm, St Luke's
Church, Tarling Rd, E16.
12+yrs, Fri, 6-7pm, Maryland
Studioz, 84 Leytonstone Rd, E15.
All sessions £3. Call 07961 544
017, visit www.twistedpink.org.uk
email twistedpink26@aol.com

Zumba

Mon and Thurs, 6.30-7.30pm,
£5. Plaistow Community
Centre, 63 Queens Rd West,
E13. Call 07916 327 541

Zumba fitness with Jess

Weds, 7.15-8pm, £3.50
Vicarage Lane Community
Centre, Govier Cl, E15.
Call 07759 020 955

Zumba Circuits

Sat, 9.30-10.30am, £4,
Community Resource Centre,
200 Chargeable Ln, E13.
Call 07939 179 587

Unity Zumba

Mon and Wed, 8-9pm, Hartley
Centre, 267 Barking Rd, E6.
Tues, 8-9pm, and Thurs,
8.15-9.15pm, St Mark's
Community Centre,
218 Tollgate Rd, E6.
Sun, 6.30-7.30pm, Well
Community Centre, 49
Vicarage Ln, E6. £5 per person.
Call 07886 884 573 or email
unityzumba@ufdance.co.uk

TENNIS



Indoor Tennis, Thurs, until 27
Mar, £3. 4.30-5.30pm, 4-10yrs;
5.30-6.30pm, 10-16yrs;
6.30-7.30pm. 16+. The Hub,
Newham Leisure Centre. Call
020 3373 9000

50+ ACTIVITIES



Newham LGBT Dinner Club

First Thurs of every month,
6-9pm. Free, but you pay for
your own dinner. Theatre Royal
Stratford East Bar, E15.
Call 020 7239 0447

Newham Striders

Daily walking group
Call 0844 414 2728

Ballroom Dancing

Mon, 10am-12noon, St Paul's
Church Centre, Burges Rd, E6.
£2.50 per session.
Call 07761 209 463

Nordic Walking

Wed, 9.30am. Meet at Lord
Lister Health Centre, Forest Gate,
not suitable for wheelchairs, £2.
Call 07783 660 429.

Fri, 6.30-8pm. Meet at
Newham Leisure Centre
Sun, 10-11.30am, Meet at East
Ham Leisure Centre.

GREEN



Garden Club

Tues, 1-3pm, Thurs, 4-7pm,
Sat, 10am-4pm, Abbey Gdns,
Bakers Row, E15

Gardening Thymes

Gardening Club

Fri, 11am-1pm, Bowling

Green, Central Park, High St
South, E6

DOORSTEP CLUBS



Gym & Basketball (14+yrs)

Tues, 6-10pm, £2, Rokeby
School, Barking Rd, E16

Stunt & Tumble (14+yrs)

Thurs, 7.30-9pm, £5,
Talent Cheer & Dance, Gallions
Reach, Armada Way, E6.
Call 07866 612 610

Newham Doorstep

Athletics Club (14+)

A multi-sport session focussing
on athletics, football and the gym.
Tues, XXpm, Newham Leisure
Centre. Call 07718 394 756.

FEMALE SPORTS



Call 0844 414 2728 unless
otherwise stated.

Dare2Dance (12-16yrs)

Street dance, Fri, 3.30-5.30pm,
Newham Leisure Centre

Girls Spinning Sessions (11-15 yrs)

Tues and Thurs, 5-5.30pm,
Newham Leisure Centre

Female Only Gym Sessions

Tues and Thurs, 3.30-5pm.
11-15yrs. Mon, 3-4pm, 16-25yrs.
Newham Leisure Centre

Female Boxfit Classes (14+yrs)

Mon, 4.15-5.15pm, Balaam
Leisure Centre. Call 07970 783 526

Girls Football (11-16yrs)

Tues, 4-5.30pm, Newham
Leisure Centre.
Thurs, 5-6pm, Newham
Leisure Centre.
Fri, 5-7pm, Memorial Park,
E15

Sheila's Yummy

Mummy Buggy (16+yrs)

£5, Mon, 10-11.30am,
Central Park, High St South, E6
(meet outside cafe in the park)
Fri, 10-11.30am, Plashet Park,
Plashet Grv, E6.
Call 07908 614 958 or email

spoleon@aol.com

Janice's Fitness (16+yrs)

Tues and Thurs 9.30-10.30am
Soca and Zumba, £5.
St George and St Ethelbert
Church Hall, Burford Rd, E6
Email info@jifikarate.co.uk or
call 07818 000 643

Zumba, Soca and Salsa Fusion

Mon, 6.45-7.45pm, £5
The Hartley Centre
Call 07818 000 643

Sonia's Circuits (16+yrs)

Tues and Fri, 10-11am, £4,
Ridley Christian Centre,
94 Upton Ln, E7
Call 07763 230 106

Body Blast (16+yrs)

Tues, 6.30-7.15pm, £5,
Weds, 12.30-1.15pm, £5,
Thurs, 12.30-1.15pm, £5,
Fri (miniblast), 6.30pm-7pm,
£2.50. Fitness membership
£30 (entitles you to come to all
classes for whole month). Talent
Central, Unit 27a, 3 Armada
Way, Gallions Reach Shopping
Park, E6. Call 07866 612 610

Abs Blast (11-15yrs)

Thurs, 5.30-6pm,
£3.10, Newham Leisure Centre

Women United AFC (11+yrs)

Mon (term time only), 6-7.15pm,
£1, Kingsford School, E6.
Call 07792 932 979

Athlefit (14+yrs)

Athletic fitness, Wed, 5.30-
6.30pm, £1. Flanders
Community Centre, Napier
Road, E6. Call 07718 394 756.

Just Play (14-18yrs)

Wed, 6.30-8pm, multi-sports



Ballroom Dancing

(term-time only). NewVlc.
Call 0844 414 2728

Get Back into Netball

Tues, 6-7.30pm, juniors,
7.30-9pm, seniors, £2. Lister
Community School, St Mary's
Rd, E13. Call 07717 281 529

Women's Badminton

Fri, 1-2.30pm, East Ham
Leisure Centre, £2, equipment
provided. Call 07930 162 505

Keep Fit – Stay Fit

Sat, 10-11am, £3.50.
Jack Cornwell Community
Centre. Call 07795 064 116

Bodyshape Fitness

Zumba for women, Thurs
7-8pm, £4, Durning Hall,
Earlham Grv, E7. Call 07939
179 587

Ladies Only Keep Fit

Weds, 10am, £1, Chandos East
Centre, Chandos Road, E15.
Thurs, 10am, £1.50, Rokeby
Centre, Rokeby St, E15.

SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE



Family Swims for Disabled Children and Adults



Sat, 4.30-5.30pm, Newham
Otters Swimming Club,
Newham Leisure Centre.
Call 07931 788 739
Sun, 12.30-2pm, Family Swim,
Balaam Leisure Centre, £5.
Call 020 7476 5274

Swim for Families



dealing with Autism
Wed, 4-5pm, Balaam Leisure
Centre. Call 020 7476 5274

Get Fit for Free



Tues, 1.30-3.30pm and Fri,
10am-12noon. Free gym
use for people with learning
disabilities. Newham Leisure
Centre. To book an induction
call 020 7511 4477

Disabled Athletics



(8-18yrs)
Tues, 4.15-6.15pm, Brampton
Manor, Roman Rd, E6

Thurs, 4.30-5.55pm,
St Angela's Ursuline School,
1 St George's Rd, E7
Email cnourrice@
englandathletics.org

Ability Club (11-25yrs)



Multisports for disabled young
people. Weds, 5.30-6.30pm
and Fri, 4.45-6pm, NewVlc

Trampolining Sessions (U19s)

Tues, 4.30-5.30pm, U19yrs,
Newham Leisure Centre.
Call 020 7511 4477

Mixed Swimming Sessions for Adults and Children

Wed, 10am-12noon, East Ham
Leisure Centre.
Call 020 8548 5850

Sensory Play



For children under 5 with special
needs, speech and language
delay or physical disabilities.
Term time only. Fri, 10-11.30am,
Oliver Thomas Children's
Centre, Mathews Ave, E6. Email
kathy.holdsworth@oliverthomas.
newham.sch.uk or call 020
8821 0997

RUNNING



East End Road Runners



Tues and Thurs, 7pm
Sun, 9am. Meet on the track.
Coached sessions for
all abilities. Newham Leisure
Centre. Call 07979 261 647

Run England



All sessions are £2 unless
stated.

Sun, 10am-12noon, Newham
Leisure Centre, (meet on track)
Mon, 4-5.30pm, Newham Leisure
Centre (meet on track)
5.45-6.45pm, Newham
Dockside, E16 (meet at reception)
Tues, 6-7pm, Newham Leisure
Centre (meet on track)
Weds, 12noon-1pm, Newham
Dockside, E16 (meet at reception)
Thurs, free, 5.15-6.15pm, UEL
Docklands Campus, E16
(meet at reception)
Sat, 10-11.30am, East Ham
Central Park, E6 (meet at the café)
10-11.30am, Wanstead Flats,

E12 (meet at Harrow Rd
Changing Pavilion)
10-11.30am, Memorial Park,
E15, £4 (meet at car park)
Call 07718 394 874

Beckton Park Run



Sat, 9am, Beckton Park South,
E16. Call 07718 394 756
www.parkrun.org/beckton

SPORTS



BMX

Sun, 10am-12noon, 6-16yrs,
£3/£2 members/£10 annual
membership. Gooseley Playing
Fields, St Albans Ave, E6.
Call 07961 333 615 or email
paul.farthing@activenewham.org.uk

Indoor Rounders (14+yrs)

Weds, 7-8pm, £1,
UEL SportsDock, E16.
Call 020 3373 9000 or email
paul.farthing@activenewham.org.uk

Indoor Cricket (8-16yrs)

Weds, 6-8pm, £2,
Lister Community School,
St Mary's Rd, E13, email
paul.farthing@activenewham.org.uk

Swimming (5-16yrs)

Newham Young Britons ASC
Sat, 6.15-7pm. £2, Newham
Leisure Centre.
Call 07956 304 518

Woodside

Badminton Club

Fri, 7.30-9.30pm, intermediate
and club standard. £5
waged/£3 unwaged,
Carpenters Docklands Centre,
98 Gibbins Rd, E15.
Call 07958 761 676

Fencing with

Newham Swords

Tues, 6-9pm, Thurs, 6-9pm
Fri, 7-10pm. Classes for adults
(18+) and mini-pirates (4-7yrs)
also available. UEL SportsDock
Call 07956 618 898

Table Tennis

Thurs, 6.30-9pm. Beginner
and intermediate adults.
Stratford School, Upton Ln,
E15. Call 07976 577 716
or email ginny.harris10@

btinternet.com

Badminton

Thurs, 7-9pm (term-time only).
£5 for a court and bring a
racquet. Little Ilford School,
Browning Rd, E12. Email
morgan_phil@hotmail.com
or call 07944 117 263

Badminton



Mon, 4.45-6pm, NewVic.
Mon, 4-6pm, SportsDock.

Table Tennis



Tues, 4.45-6pm, NewVic.
Thurs, 6.30-8.30pm,
SportsDock

FOOTBALL



Mayor's Football League



U10yrs, U12yrs, Mon, 4.30-
6pm, U16yrs, U18s, 6-7pm
Newham Leisure Centre

activeNewham Premier League (16+yrs)



6-a-side (4 subs)
Weds, 7-10pm, Newham
Leisure Centre. Visit
www.activenewham.org.uk

WHU Kickz



Mon, Tues, Fri, 4-7pm,
WHUCST, Beckton 3G, 60A
Albatross Cl, E6.
Thurs, 6.30-7.30pm, Little
Ilford Learning Zone, 1 Rectory
Road, E12.
Thurs, 6.30-7.30, Stratford Park
MUGA, West Ham Ln, E15.

Football & Multi Sports



Mon, 4-5.30pm, Newham
Leisure Centre.
Weds, 5-6pm,
Stratford Park MUGA,
West Ham Ln, E15

5-a-side Football



Weds, 5-6.30pm, 8-19yrs, Fords
Park, Fords Park Rd, E16
Thurs, 5.30-7pm, 8-19yrs, Royal
Victoria Gardens, Pier Rd, E6
First Sat of the month, 10am-
1pm, U12s, U14s, U16yrs,
Plashtet Park, Plashtet Grv, E6

Football and Athletics



Thurs, 4-5.30pm, Britannia
Village, 65 Evelyn Road, E16.



Basketball

WHU Kicks, Sat 10.30-12noon,
Newham Leisure Centre.

AIR Football (16+yrs)

Tues, 1-3pm and Fri, 10am-12noon, Memorial Park,
Memorial Ave, E15
Fri, 3-5pm, Beckton
Powerleague, E6
Visit www.airfootball.co.uk

Ascension Football Academy

£3. School years: Reception to 11yrs, Sat, 10-11.30am
King George V Park,
King George Ave, E16
Call 07806 584 925

Men's Health Football Fitness Sessions

Sat, 10-11am, West Ham United
Community Training Facility,
60a Albatross CIs, E6
Call 020 7473 7724

BASKETBALL

Youngbloods Basketball

All sessions cost £1.
U12s, mixed, Sat, 1-3pm,
East Ham Leisure Centre
U13/14s boys, Mon, 6-8pm and
Weds, 4.30-6pm, St Angela's
School, E7.
U13/14s girls, Mon, 4.30-6pm and
Weds, 4.30-6pm, St
Angela's School, E7.
U15/16s, boys, Tues, 6-8pm,
St Angela's School, E7
Thurs, 8pm, St Bonaventure
School, E7.
U17/18s boys, Mon and Wed,
8-10pm, St Angela's School, E7.
Call 07958 307 657

Newham All Star Sports Academy (NASSA)

Sessions £1 unless indicated
otherwise.

Junior development, Fri,
4-6pm Cumberland School,
Oban CI, E13.
National league U13, U14,
U16, Tues, 6-8pm, Rokeby
School, Barking Road, E16.
National league U18, Tues,
8-10pm, Rokeby School,
Barking Road, E16.
National league U13, U14, U16,
Thurs, 6-8pm, SportsDock.
National league U18, Tues,
8-10pm, SportsDock.
Junior boys and girls,
Sat, 10.20am-12.20pm,
SportsDock, £2.
Call 07703 503 995 or 07712 176
301. www.nassasports.org.uk

National League

Mon, 6-8pm, U13/14s,
Rokeby School,
Barking Rd, E16
Tues, 6-8pm, U15/16s
Rokeby School,
Barking Rd, E16
Thurs, 4.30-6pm,
U13/14s boys, U14s girls,
Newham Leisure Centre,
Prince Regent Ln, E13
6-8pm, U16s,
Newham Leisure Centre,
6-8pm, U18s, Cumberland
School, Oban CIs, E13

Gifted and Talented

Fri, 4.15-5.30pm
Cumberland School,
Oban CIs, E13

Senior Programme

Mon, 7.30-9.30pm
Division 2 women and division
3/4 men. Rokeby School,
Canning Town, E16
Call 07947 401 616

Basketball Sessions

Women only, Tues, 4-5pm,
Chobham Academy, 40
Cheering Ln, E20.
Thurs, 5.30-6.30, Little Ilford
Learning Zone, 1 Rectory
Road, E12.
Thurs, 6-8pm, NewVic, E13.
Disability Session, Fri, 4-5pm,
NewVic, E13.

Basketball & Multi Sports

Fri, 5-6.30pm, 8-19s, Snowhill
MUGA, Snowhill Rd, E12

COMMITTEE MEETINGS

All meetings take place at
Newham Town Hall, Barking
Rd, E6, unless specified.

Mon 20 Jan, 7pm Health and
Wellbeing Board, Newham
Dockside, Room WG.06,
Ground Floor, West Wing 1000
Dockside Road, London, E16
7pm, Local Development
Committee. Council Chamber,
Old Town Hall, Stratford, E15
Tues 21 Jan, 7pm

Strategic Development
Committee, Council Chamber,
Old Town Stratford, E15
7pm, Crime and Disorder
Scrutiny Commission,
Committee Room 2
Tues 28 Jan, 7pm
Overview and Scrutiny
Committee, Committee Room 1
Thurs 30 Jan, 7pm, Newham
Community and Police Forum,
Beckton Globe, 1 Kingsford
Way, E6.

Visit www.newham.gov.uk/committee for updates.

CONTACT THE MAYOR

Mayor's walk in surgery
Registration for surgery is
within the 30 minutes before
advertised start time

Tues 21 Jan, 5pm, Newham
Town Hall, Barking Road, E6
Sat 25 Jan, 10am, The Gate,
4-20 Woodgrange Road, E7
[please do not arrive before
9.30am]

Mayor's Telephone Surgery

Wed 22 Jan. Please call 020
8430 2000 between 9.30am
and 10.30am and ask for the
Mayor's telephone surgery. A
member of staff will take your
details and arrange a callback.

LIBRARY CONTACTS

Beckton Globe
1 Kingsford Wy, E6

Canning Town Barking Rd, E16

Custom House

Prince Regent Ln, E16
East Ham High St South, E6
Green Street 337-341 Green St
The Gate 6-8 Woodgrange
Rd, Forest Gate, E7
Manor Park
685-691 Romford Rd, E12
North Woolwich
5 Pier Parade, E16
Plaistow North Street, E13
Stratford 3 The Grove, E15
Archives and Local Studies
(limited postal and email service
only) call: 020 3373 6881
email: archiveslocalstudies@newham.gov.uk
**Community Outreach
Services** To find out more call
020 3373 0813

CENTRE CONTACTS

Balaam Leisure Centre

Balaam St, E13

East Ham Leisure Centre

324 Barking Rd, E6

The Hartley Centre

267 Barking Rd, E6

Jack Cornwell Community Centre

Jack Cornwell St, E12

Newham Leisure Centre

281 Prince Regent Ln, E13

NewVic

Prince Regent Ln, E13

UEL SportsDock

Docklands
Campus, University Way, E16

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All listings may be subject
to change, please contact
individual events and
activities before attending.

Hundreds of services
– one website. Visit
www.newham.gov.uk

Call Newham Council on
020 8430 2000

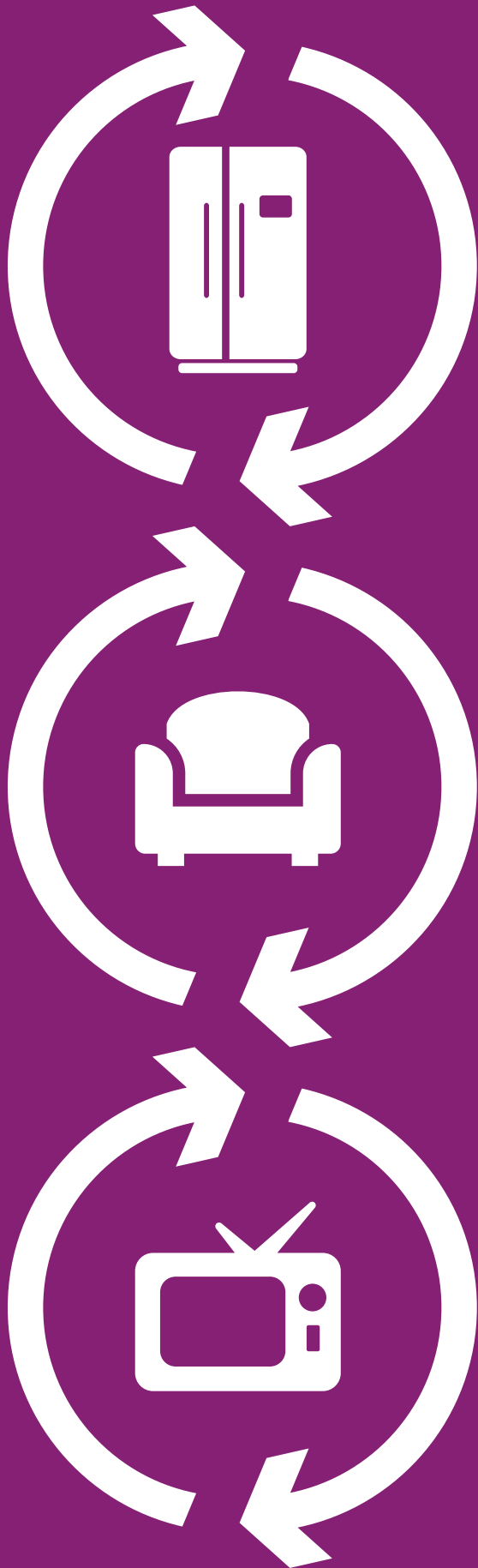


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[www.facebook.com/
NewhamCouncil](http://www.facebook.com/NewhamCouncil)

Apply for services and make
payments quickly and easily
online. To register or log in
visit [www.newham.gov.uk/
mynewham](http://www.newham.gov.uk/mynewham)
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Use it or lose it

Newham Council offers a free bulky waste collection for all residents. You must book a free bulky waste collection and have a valid reference number before putting your bulky waste out for collection.

If you have bulky waste on display without a valid reference number you will:

- **receive an £110 penalty notice**
- **immediately lose your right to free bulky waste collections for 6 weeks.**

If you lose your right to a free bulky waste collection you will need to make alternative arrangements for collection and you may receive further fixed penalty notices during this time.

Non-payment of fixed penalty notices can lead to prosecution, a fine and a criminal record.

For more information or to book a collection visit:
www.newham.gov.uk/bulkywaste

A&E is for emergencies only

An emergency is a condition that can cause loss of life or limb.

Self care

A lot of common illnesses can be treated in your home by using medicine and getting plenty of rest. It is worth keeping in your medicine cabinet some paracetamol or aspirin, anti-diarrhoea medicine, rehydration mixture, indigestion remedy, plasters and a thermometer.

Check your symptoms with the NHS Symptom Checker

Visit www.nhs.uk and answer a series of simple questions about your symptoms to help you find out what is wrong and what you should do next.

Pharmacy

Your local pharmacist can give you friendly, expert advice about medicines that can help with lots of common conditions. There is no need for an appointment. As well as dispensing prescriptions, they provide a range of services related to specific health issues and can advise on minor ailments such as colds, skin conditions and allergies. There are over 60 pharmacies in Newham and you can find your nearest one at www.nhs.uk.

Your GP

When you or your family are ill you can book an appointment to see a local GP. You can get the treatment you need at a convenient time and place and reduce the demand on emergency services. If you are not registered with a GP please visit www.nhs.uk to find your nearest GP practice.

Out-of-hours GP

When your GP is closed you don't need to go to A&E. Just call the out-of-hours GP to speak to a local GP during the night or on a weekend. The number is 020 7511 8880 so save it in your phone now!

For all your healthcare needs visit www.nhs.uk, dial 111 for urgent medical advice or visit a walk-in centre if you are not registered with a GP.

